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### Fungal Nail Infections

#### Prevention

After a fungal nail infection has cleared up, you can take steps to prevent the infection from coming back.

- Keeping the fungus under control will help prevent a fungal infection of the skin from reinfecting the nail.
  - Before bed, thoroughly wash and dry your feet, and apply an antifungal cream (such as a cream with clotrimazole or miconazole, available without a prescription) to the entire foot from the ankle down. Use the cream every night, then gradually apply it less often.
- Keep your feet dry. Dry feet are less likely to become infected. Apply powder to your dry feet after you take a shower or bath.
- Wear dry cotton socks, and change them two or three times a day if necessary.
- Wear dry shoes that allow air to circulate around your feet (tight, enclosed, moist shoes contribute to fungal toenail infections).
- Wear shower sandals or shower shoes when you are at a public pool or shower.

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- Don't share shoes or socks with others.
- Don't share nail clippers or nail files with others.
- Try not to injure your nail, such as by cutting it too short (trauma to the nail may lead to infections).

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